



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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YELLOW PERCH IS IN ABUNDANT SUPPLY

Yellow perch, a greenish-golden fish is in abundant supply, says the Fish and Wildlife Service of the Department of the Interior. It is taken commercially in the Great Lakes area, mainly western Lake Erie, Green Bay in northern Lake Michigan, and Saginaw Bay in Lake Huron. Anglers take thousands of yellow perch for their own tables from lakes, ponds, and larger rivers all over the north-central United States from the Great Lakes to the upper Mississippi Valley. Yellow perch seldom exceed 12 inches in length or 1 pound in weight.

Yellow perch is a lean, firm, white-meated fish possessing a fine flavor. It may be purchased whole or as fillets, fresh or frozen. It is an excellent pan fish, but may also be broiled or baked.

The home economists of the Bureau of Commercial Fisheries, Department of the Interior, recommend "Pan-Fried Yellow Perch Fillets" served with Tartar sauce as an excellent way to serve this popular fresh water fish.

PAN-FRIED YELLOW PERCH FILLETS

2 pounds yellow perch fillets	Dash pepper
1 egg, beaten	1 cup dry bread crumbs, cracker
1 tablespoon milk or water	crumbs, cornmeal, or flour
1 teaspoon salt	Tartar sauce

Combine egg, milk, and seasonings. Dip fish in egg mixture and roll in crumbs. Place fish in a heavy frying pan which contains about 1/8 inch of fat, hot but not smoking. Fry at moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time approximately 10 minutes, depending on thickness of fish. Drain on absorbent paper. Serve with Tartar sauce. Serves 6.

TARTAR SAUCE

1/2 cup mayonnaise or salad dressing	1 tablespoon chopped parsley
1 tablespoon chopped onion	1 tablespoon chopped olives
1 tablespoon chopped pickle	

Mix thoroughly and chill.

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